September 2018

The Aging and Disability Resource Center of Door County offers a friendly, personal and timely approach to providing information, assistance and access to community resources.

The goal is to keep the citizens of the county active and engaged in their own well-being and with their communities.

ADRC
Aging & Disability Resource Center of Door County

916 N. 14th Avenue
Sturgeon Bay, WI
Phone: (920)746-2372
Toll Free (855) 828–2372

Email:
ADRC@co.door.wi.us
Website:
www.ADRCDoorCounty.org

Welcome to your ADRC Newsletter

The "ADRC Newsletter" is a monthly publication of the Door County Community Center. Our goal is to keep you informed of issues and events that may be of interest to you as well as inform you of available resources in Door County.

You can access the "newsletter" online by going to the Door County Website at **http://www.co.door.wi.gov or http://adrcdoorcounty.org** and clicking on Department, Senior & Community Center and Newsletter. You can also find it under Quick Links on the right side of the page.

If you would like to have a newsletter sent to you via email, please contact us at ADRC@co.door.wi.us and you will be put on a list to receive one each month.

Please Like Us on Facebook
ADRC of Door County-Door County Community Center

Our Staff

Human Services Director ..... Joe Krebsbach
Human Services Deputy Dir ..... Cori McFarlane
ADRC/Aging Director ..... Jake Erickson
Assistant ADRC Director ..... Jennifer Fitzgerald
Elderly Benefit Specialist ..... Mary Bink
Disability Benefit Specialist ..... Jessica Holland
I & A Specialist ..... Jennifer Bender
I & A Specialist ..... Lisa VanAlstine
I & A Specialist ..... Vacant
Transportation & Accounts ..... Robin Mark
Bus Driver/Transportation ..... Gary Hanson
Activities/ Volunteer Coordinator .. Cathy Keller
Office Assistant ..... Wendy Schubert
Office Assistant ..... Barb Snow

Nutrition Program
Chef ..... Arne Thompson
Assistant Cook ..... Linda Will
Baker ..... Kathy Ash

Meal Site Manager
Washington Island ..... Nelvie Cauldwell
Baileys Harbor/Forestville ..... Jamie Stephan
Liberty Grove ..... Stacey Volkmann
Contracted Dietician ..... Carmen Schroeder

Services Offered:

- Information and Referral Assistance with Community Programs and Resources
- Long-Term Care Options Counseling
- Volunteer Opportunities
- Transportation
- Health and Wellness Activities
- Fitness Room and Group Exercises
- Home Delivered and Frozen Meals
- 5 County-Wide Nutrition Meal Sites
- Caregiver Assistance for Friends/Family
- Support Groups

Our Disability and Elderly Benefit Specialists can help with the following:

- Medicaid and Medicare
- Food Share
- Social Security Disability and SSI
- Prescription Drug Options
- Insurance Issues
- Housing and Utility Concerns

Public Hearing Announcement!!!!

Every three years, the Aging and Disability Resource Center is required by the State of Wisconsin to complete a strategic plan that serves as a platform to create, improve and expand services we provide our community. It is required to receive federal funding through the Older Americans Act. The working document is known as our "Three Year Aging Plan" and will cover years 2019-2021. Our staff and advisory committee members all participate in the development of this plan, but most important is input from you, our community.

The process of writing the three year aging plan provides us a terrific opportunity to hear what people have to say and to gain a better understanding of what is going on within our community. By identifying the needs in the community directly from those who use the services and participate in our programs, we know we are moving in the right direction. Goals are developed after many hours of brainstorming and refining our vision. The entire process consists of surveys, listening sessions, work group discussions and a public hearing.

The Aging and Disability Resource Center (ADRC) of Door County will hold a public participation meeting on Tuesday, September 11th, 2018 beginning at 12:45 p.m. The meeting will take place at the Aging and Disability Resource Center/Door County Community Center at 916 N. 14th Avenue, Sturgeon Bay. The ADRC is wheelchair accessible to those with other special needs.

The purpose of the meeting is to gather public input on the Three Year Aging Plan for 2019-2021. A draft copy of the 2019-2021 Three Year Aging Plan is currently available for your review at the Aging and Disability Resource Center in Sturgeon Bay and at all other congregate meal sites (please see page 26 for details on all congregate meal site locations) from now until we are required to submit our final version of the plan to the State of Wisconsin on November 2nd, 2018. We want to hear from you!

Those unable to attend the meeting who would like to offer any comments may submit their written statements to the Aging and Disability Resource Center to the attention of Jake Erickson, Director at 916 N. 14th Avenue, Sturgeon Bay, WI, 54235. Additionally, citizens may offer comments via email to ADRC@co.door.wi.us. Any person needing assistance to participate in this meeting should contact our office at (920)746-2372. Notification 48 hours prior to the meeting will enable us to make arrangements to ensure accessibility to that meeting.

Jake Erickson, Director

ADRC
Aging & Disability Resource Center of Door County

Monthly Caregiver Support Groups

FOR PERSONS WHO ARE PROVIDING CARE
FOR A FAMILY MEMBER OR FRIEND

You are not alone.

Sturgeon Bay Chapter 1st & 3rd Wednesday of the month 1:00 p.m. – 2:30 p.m. ADRC 916 N. 14th Ave. Sturgeon Bay, WI 54235	**Northern Door Chapter** 2nd Wednesday of the month 1:00 p.m. – 2:30 p.m. Sister Bay Library, Community 2323 Mill Road Sister Bay, WI 54234
Southern Door Chapter 4th Tuesday of the month 1:00 p.m. – 2:30 p.m. Brussels Community Center 1366 Junction Rd Brussels WI 54204	**Washington Island Chapter** 1st Friday of the month 11:00 a.m. – 12:30 p.m. WICHP Fellowship Hall at Trinity Lutheran Church (920) 847-2108

Free of Charge Professional Facilitators
Assistance with transportation and respite care available, upon request

Our support groups are a safe and supportive place for family caregivers to share the joys and challenges of caregiving with others in similar circumstances. Please mark your calendars to attend or share this information with a family caregiver who could benefit.

FOR MORE INFORMATION
CONTACT
The Door County ADRC
(920) 746-2372
Toll Free (855) 828-2372

Southern Door Meal Site Relocation!!!

After lots of consideration, we are excited to announce our decision to relocate our Southern Door meal site location from the Bayview Terrace Apartments in Forestville to the Brussels Community Center. The start date for the new meal site will begin on Tuesday, October 2nd 2018.

The Southern Door meal site will serve a hot lunch at Noon on Tuesdays and Thursdays. To find out what we are serving for lunch, please see the back page of our monthly newsletter. Meals are available to anyone over 60 years of age and their spouse of any age. Our meal program serves all older adults regardless of income.

Contributions are accepted for the Noon meals which helps offset the cost of preparing the meals and are essential to maintaining a standard of excellence for the nutrition services we provide our community. The suggested contribution for a meal is $5.00.

You will NEVER be denied a meal if you are unable to contribute. This is what it says: a suggestion. All contributions are anonymous. We understand that individual finances will determine the amount, if any, a person can contribute. Regardless of your contribution, you are always welcome at our table.

Reservations are required. Please call (920) 746– 2523 if you plan on dining with us.

NEW OFFICE: SOUTHERN DOOR COUNTY HOURS AND LOCATION FOR THE AGING& DISABILITY RESOURCE CENTER

The Aging & Disability Resource Center (ADRC) of Door County is pleased to announce that beginning on Tuesday, June 26th, staff will have monthly office hours at the Brussels Community Center, 1366 Junction Road, from 2:30pm-4:30pm on the 4th Tuesday of each month.

In an effort to reach more Door County residents, an Information & Assistance Specialist will be available to meet with individuals that have questions about community resources, long-term care options, nutrition assistance, income supports, and other topics for those that are aging or have a disability.

To ensure availability, please call the ADRC at (920)746-2372 to make an appointment for the Brussels office hours.

Need a *Great* Hot Meal?
LOAVES & FISHES
Community Meal Friday Evenings
Year 'round – Usually 1st, 3rd & 4th

Who: All Ages are Welcome

What: Family Style Dinner

Time: Serving from 5:30-7:00 pm

Where: Northeastern Wisconsin Technical College 229 North 14th Avenue, Sturgeon Bay

Cost: Free

Sponsored by the community, local churches, businesses and individuals. There are no government funds used for the Loaves & Fishes community meal program.

Need more information: Call 920.493.5318.

September 7, 21, 28

Door County Early Dementia Support Group

Door County Medical Center
IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM

1st Monday of the Month, 1:00-2:00 (before the memory café)

United Methodist Church

836 Michigan St, Sturgeon Bay

Facilitators: Christy Wisniewski, DCMC Geriatric Outreach Specialist
Erin Szakala, DCMC Social Work Care Manager

New Participants should RSVP to Christy Wisniewski: 746-3504 or at www.dcmedical.org/classes&events

The early dementia support group is a monthly forum for those diagnosed with a dementia in the early or mild stage. A topic is offered for discussion. Participants should be willing to talk about their dementia symptoms.

A separate group for care partners of those with dementia will meet at the same time for support and education.

4.00%[1]
Interest Rate

For a limited time, Fidelity & Guaranty Life® is offering **4.00%** for the **FG Guarantee-Platinum® 7**, a single premium fixed deferred annuity for new contracts issued on or after **July 9, 2018**. This rate is subject to change at our sole discretion at any time. This initial rate is guaranteed for the **first seven contract years only** and is thereafter subject to change. Minimum premium of $20,000 required.

FG Guarantee-Platinum 7 offers:

- Free withdrawals of all accumulated interest
- 30-day surrender charge free window after each seven-year rate guarantee period

Contact us today for more information!

David A Lenius, CFP® 920-743-3962

[1]This initial interest rate is effective for new annuities with a minimum premium deposit of $20,000 issued on or after July 9, 2018 for the first seven contract years only. Thereafter, the company may declare at its sole discretion a new rate which could be lower. This initial rate is also subject to change for new contracts at our sole discretion at ANY TIME. Surrender charges and market value adjustments apply to withdrawals in excess of the accrued interest during the "guarantee periods" which are seven years. There is a 30-day window at the end of each seven-year guarantee period where you may withdraw all or part of your annuity value without application of surrender charges or market value adjustment. A new guarantee period and surrender charge period will begin after the end of the previous ones. The surrender charge is nine percent in the first year and declines by one percent each year for the next six years and repeats for each successive period. Annuities are long-term savings vehicles that are subject to limitations and conditions, state availability and certain suitability requirements. Please see the applicable product brochure that is available from your licensed insurance professional for details.

Annuity contracts issued by Fidelity & Guaranty Life Insurance Company, Des Moines, IA. www.fglife.com. No bank guarantee. Not FDIC/NCUA/NCUSIF Insured. May lose value if surrendered early. Subject to state variation. Certain restrictions may apply.

Product form numbers: FGL SPDA-MY-F (7-04) ICC14-1095 (06-14); et al.

Time to Review Your Medicare Plan

By the GWAAR Legal Services Team

Medicare's Annual Open Enrollment Period is coming soon. Be sure to add this to your fall checklist if you have a Medicare Part D plan or a Medicare Advantage Plan.

Every year insurance companies can change their list of covered drugs and their pricing structure, known as the plan formulary. This means that even if you are taking the same medications, the amount you pay for your medications may change next year. The plans' premiums, deductibles, and copays can also change each year.

What can people do about this? All Medicare beneficiaries should review their current coverage during Medicare's annual Open Enrollment Period, which runs October 15 through December 7th. Find out what your plan's costs and coverage will be next year and compare it with other options based on **your** prescription medications and other needs or preferences. You may decide you're happy with your plan's costs and coverage details for 2019. In that case, you won't need to do anything. Or, you may find a plan that is better suited to your needs and your budget.

Shopping around to find what's best for you is always a good idea, but you don't have to do it alone. Free, unbiased assistance with plan comparisons is available from the Elder Benefit Specialist at the ADRC of Door County at (920) 746-2372.

Don't let this opportunity pass you by! The Elder Benefit Specialists can also check to see if you are eligible for any programs or benefits that can save you money. For further information and assistance call the ADRC of Door County at (920) 746-2372.

Save the Date

Join us for our 1st Annual Caregiver Conference

Get connected with fellow family caregiver and community resources!

Thursday, November 8th, 2018!!!
At the ADRC of Door County
8:15am – 3:30pm
Cost is free but space is limited 200
Family caregivers (No professional caregivers please)
Light Breakfast & Lunch will be provided
Keynote Speaker: Former Governor Martin Schreiber
More information to come…

"To the world you may be one person, but to one person you may be the world."
Dr. Seuss

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Are You De-Evolving?
"Aging and Degenerative (arthritic) changes are NOT SYNONYMOUS"
Harry F Farfan, M.D., M Sc, C.M. FRES, 1985

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920-743-7255 • www.BackToWellness.org
Like us on facebook Staudenmaier Chiropractic Wellness Center

The Gathering
Assisted Living and Wellness Center
A Bridge to Rehab, Recovery & Wellness
For more info call 920.746.7550
Now Accepting Family Care Funding

Senior Farmers Market Nutrition Program

The Door County ADRC will again be the local agency coordinating the Senior Farmers Market Nutrition Program (SFMNP). The Senior Farmers Market Nutrition Program offers low income older adults an opportunity to purchase fresh, locally grown fruits, vegetables, and herbs from certified farmers.

FARMERS MARKET APPLICATIONS WILL BE HELD AT
THE ADRC OF DOOR COUNTY
916 N. 14th Ave, Sturgeon Bay

Who is Eligible to Receive FMNP Checks?
An eligible person is:
1. A senior age 60 or above or a Native American age 55 or above, AND
2. Who is 185% of poverty level or below

185% Federal Guideline

Household Size	Monthly Income	Annual Income
1	$1,872	$22,459
2	$2,538	$30,451
3	$3,204	$38,443
4	$3,870	$46,435

For each additional household member, add $666 monthly and $7,992

- You will be eligible for **only** the current years Senior FMNP period
- An authorized representative may be designated to apply for the certification and to purchase FMNP foods on behalf of the participant. You must have a signed statement from the eligible senior designating you as his/her authorized representative the day you apply.
- Only one coupon book per household

Coupons can be used from June 1st through October 31st at any participating farmers market or roadside stand in Wisconsin. In addition to offering nutritious foods, the Senior Farmers Market Nutrition Program supports local economies by increasing the use of farmers markets.

Please go to the front desk to complete the application process. If you have any questions call please call the ADRC of Door County at (920) 746 - 2523

Sheriff Forum/Voter Registration Assist

LEAGUE OF WOMEN VOTERS OF DOOR COUNTY

is sponsoring a

CANDIDATE FORUM

for Door County Sheriff

MEET THE CANDIDATES!

- Patrick McCarty (R)
- Tammy Sternard (D)

Date: Thursday, September 13
Time: 6:00pm-8:00pm
Place: Aging and Disability Resource Center of Door Co. in the Community Center

The League of Women Voters of Door Co. is pleased to announce that **members will be at the ADRC on Wednesday, September 26th, from 11:00am -1:00pm to assist citizens in registering to vote.** Members will help new voters, citizens who have moved , or changed their name. Explanations for filling out the form, and help in locating clerk and polling places will be provided. A copy of current proof of residence is required. Examples of legal proof of residence showing your current address include a pay stub, bank statement, rental agreement, or other legal document showing your current address. Contact Barb Graul at 743-6242 for more info about either event.

Lakeland Care provides Family Care Supports throughout Northeast and North Central Wisconsin, serving members since 2000.

Some of the services we manage for you include:
- Care Management
- Personal Care
- Medical Supplies & Equipment
- Outpatient Mental Health
- Residential Care
- In-Home Supportive Care

For more information about care management services available, contact the ***ADRC of Door County at 855-828-2372.*** They can also assist you with information about Family Care eligibility and enrollment.

www.lakelandcareinc.com

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www.door-tran.org ~ info@door-tran.org

This project is funded in part by the Federal Transit Administration (FTA) as authorized under 49 USC Section 5310&5311.

LET US *carry* YOUR MESSAGE TO *Senior* THE *Community*

For advertising info
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Today, there are many nursing homes and residential care facilities throughout the country willing to support those with special needs.

However, there are many more senior citizens and disabled individuals who do not need the full medical facilities. These individuals, with a little assistance, can continue to live in the comfort of their own home through the help of Specialized Services, LLC.

Our team of experienced care givers could be the answer. We offer in-home companionship and support senior citizens and disabled, both physically and mentally, needing assistance with daily living activities.

Our goal is to provide the quality services necessary to help your loved one live healthy and happily in his or her own home.

Recognizing Depression in Elders

"Depression in elderly people is a widespread and serious public health concern," according to the National Institute of Mental Health. It has been estimated that 15% of older Americans experience depression at some point in their golden years. In nursing homes, around 20% of the residents are depressed, especially those living with a serious medical condition, like cancer or heart disease.

Unfortunately, depression goes under-diagnosed and under-treated in older Americans and this can seriously affect the worth of their life and their overall functioning. If ignored long enough, or, if the severity increases, depression could lead to suicide. In fact, America's older population is responsible for 25% of completed suicides. There are complicating factors, which may mask signs of depression in the elderly. Factors that prohibit caregivers from recognizing the disorder or realizing their loved-one may need help. They may be:

Side effects from certain prescription medications can resemble symptoms of depression. In this case, caregivers may not realize their loved-one is depressed, but only displaying signs of drug side effects. Cardiovascular disease medication and hormones are among some of the drugs, which may cause a person to have side effects that are similar to symptoms of depression.

Depressive symptoms sometimes include mental cloudiness or confusion. These symptoms can parallel the normal aging process as many people have come to expect the elderly to have some cognitive deterioration. The quandary is that normal aging may be blamed for the mental confusion and not depression. The loss of friends and loved ones is a common occurrence of aging, which may cause much despair.
Depressive symptoms include feelings of hopelessness and sadness. These symptoms could be blamed on a recent loss to your loved one, and not on depression. Chronic medical conditions such as Alzheimer's or Parkinson's disease may cause your loved one to experience a loss of appetite, sleep impairment, self-pity and lethargy. These symptoms are also encased in symptoms of depression.

The dilemma in this case is whether to target your loved-one's illness for the depressive symptoms or depression itself. Real problems could develop if caregivers assume that depressive symptoms are causal of another underlying problem. To be safe, have your loved one's doctor evaluate his or her condition. Also, there are online screening tests your loved one can take, print-out and bring to their doctor to help diagnose depression.

The biggest benefit of online depression screening tests is their ability to aid caregivers and their loved ones on how to talk to their doctor about depression, a sometimes difficult condition to discuss.

Some tests can be found at:
Mental Health America Depression Test
Psych Central Depression Screening Test
Anxiety and Depression Association of America Screening for Depression

Article from Todays Caregiver
By Jennifer Buckley

2018 Senior Center Month

This September, the National Institute of Senior Centers is encouraging us to show our community that we are building momentum for seniors to age well. Highlighting the theme **Building Momentum**, we invite you to join us in celebrating National Senior Center Month!

We will celebrate in a variety of ways. Take some **"funtastic" photos with friends in our photo booth during lunch on September 11th.** Then, on **September 14th, learn if you are at high risk to fall, and how to prevent falls**, at a free screening. Nutrition plays a significant role in healthy aging, and we'll provide you with **"Beneficial Bites" reading material on various nutrition topics during lunch the week of September 17th-September 21st.** Finally, at the **end of the month, tell us what you love about your center!**

Innovative programs can change the perception of aging, and create important community resources for aging expertise. At the ADRC, we strive to build momentum in the movement to empower older adults to become as excellent as possible through programs. We want to see others grow and learn new things at any age! Remember you're never too old to learn new things.

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For The Elderly

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Better health
starts with a primary care provider

Sturgeon Bay - your trusted community partner for medical care close to home.

The medical team at the Aurora Health Center in Sturgeon Bay is pleased to welcome:

Britain O'Connor, MD **Michael Aleksandrowicz, MD**
Welcome two new faces to Aurora Health Care family medicine department.

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Aurora Health Center
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Laura Boucher, NP
Paul Maes, MD
Britain O'connor, MD
Andrea Patza, NP

Obstetrics/Gynecology
Thomas Gallagher, MD
Kimberly Winburn, MD

Nephrology
Jyoti Brar, MD

Urgent Care
Lisa Frisque, NP
David Steinke, DO

Gastroenterology
Kelly Cherne, PA-C

Other Specialties
Cardiology • Neurosurgery • Orthopedics
Physical Therapy • Podiatry

For more information or to schedule an appointment, please call 920-746-7200 or visit Aurora.org.

Volunteer Opportunities

Meal–Time Helpers

Help our growing nutrition program and meet some new people at the same time.

Volunteers will help during our noon meals to serve, clean-up tables and roll silverware.

If interested, or for more info, contact Cathy 920-746-7153

WELCOME DESK VOLUNTEERS NEEDED

Are you interested in helping out at the welcome desk? We are looking for someone daily around lunch time.

Work at the desk involves helping people register for lunch and activities, and other duties as assigned.

The most important qualification is a positive attitude matched with a friendly smile!

Volunteer applications are at front desk.

Do you love playing with your grandkids? OR... Do you miss playing with them because they don't live close by, or they've grown too old to play? If so, we've got a volunteer opportunity for you!

We need volunteers to be play assistants for the **Block Party** we are hosting here at the ADRC. Playing with blocks can help children to learn math and science, new words and pre-reading skills, social skills and physical skills. This **Block Party** is a collaborative effort between UW Extension and the Partnership for Children and Families. Our **Block Party** will be held on Thursday, September 27th from 10am-11am.

For more info and to volunteer for this event, contact Cathy at the ADRC. 920-746-7153

COMPUTER CLASSES

This Month in the Learning Corner

Windows 10 Users Group

1st Wednesday of the month– Sept. 5th at 1:00 pm

- **Easy-going discussion/demonstrations**
- **Key features of Windows 10 System**
- **Everyone is welcome.**
- **Bring your laptop if you wish.**

"The Gadget Man"
Sept. 10th, 17th, and 24th
8:00 -11:00 AM

If you are a new or an advanced user, he can assist you.
Laptops, tablets, iPhones, and Androids.
No problem.
Call for an Appointment 920-746-2372

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Preparation Pays Off

During the years I worked as a Caregiver Coordinator I talked with caregivers about home safety, caregiver burnout, self-care for the caregiver and also ways to prepare for the future. Throughout that time, I also watched my father's health decline, and in turn watched my mother become a full-time caregiver.

As I visited with my mother about various things related to caregiving I slowly realized that I too had become a caregiver. Once I accepted this role I decided it was time to start paying attention to the many things I had encouraged other caregivers to do, mainly getting legal paperwork in order. I had never actually talked to my parents about their healthcare wishes, whether they have a will or powers of attorney, where they stand financially in case someone needs nursing home care or what type of insurance they have. I decided to start addressing these issues with my mom whenever we would visit my parents in South Dakota.

When I was only a "daughter", a trip to visit my parents was like a mini-vacation. Mom would have a pan of caramel rolls waiting along with other favorite foods. I would kick back on the couch and let the grandparents play with my kids and just enjoy the visit. When I added "caregiver" to my role, the visits began to have more of a purpose than just a relaxing time. I began to talk with my mother about the not-so-fun topics of estate planning, advance directives and long-term care. I discovered that it is a lot easier to encourage other people to do these things than to do them yourself. I returned from these visits tired, frustrated and a bit sad. Caregiving truly is a stressful thing.

During that year I learned a lot about my parents. I learned that they have POA papers in place. I learned the names and locations of all their insurance policies. I understood their feelings regarding healthcare and end-of-life issues and I helped them start inquiring about financial assistance in case there is a need for long term care. Discussing these topics was not fun and there were many times I wondered if I was making a big deal out of nothing. I thought it might be easier to just wait and see if we would really need that information and if so, figure things out at that time.

And then I got that dreaded call - my dad was admitted to the hospital with pneumonia and chronic heart failure. I made an emergency trip to South Dakota to help my worried mother. As I drove across southern Minnesota I thought about the things we would need – POA papers, insurance policies and answers to questions about resuscitation. I was so relieved that I had taken the time and effort to go over these things earlier with my parents. Dealing with the decisions and emotions of Dad's current situation was stressful enough by itself. I could not imagine the added stress of having to fumble through files searching for legal documents or not knowing anything about how to finance a nursing home placement.

As it turned out, all those unpleasant conversations and planning for the future really did pay off! Regardless of how uncomfortable it was to talk to my mom about advance directives, end-of-life decisions and personal finances, I was glad I was bold enough to do so before the crisis literally hit home.

My dad survived the pneumonia but was too weak to return home to mom. We placed him in a nursing home for rehabilitation with hopes of moving back home. Watching my mom say goodbye that first night was hard, but my dad adjusted beautifully to life in the local nursing home and my mother fought her struggles with loneliness and guilt with dignity and continued to move forward. Ahh, the life of a caregiver.

Jane Mahoney
Older Americans Act Consultant,
Greater Wisconsin Agency on Aging Resources

Need a Lift???

In the Sturgeon Bay community, transportation is a basic need. It is a hardship for older adults and people with disabilities when they do not have access to safe, reliable, efficient and affordable transportation. They may not be able to access medical care, groceries, or activities at our center which isolates these individuals and diminishes their quality of life.

Our ADRC Bus and Van are wheelchair accessible. The cost of a ride is $1.00 per stop. The ride to and from our Center for our Noon meal is $1.00 round trip.

To Schedule a Future Appointment:
Call (920) 746-2548

For Same Day/Immediate Appointments:
Call (920) 493-0136

STURGEON BAY
HEALTH SERVICES

200 North 7th Avenue
Sturgeon Bay, Wisconsin 54235

920-743-6274
www.sturgeonbayhs.com

Sturgeon Bay Health Services, formerly known as "The Dorchester", is a skilled nursing facility providing the following services:

- Long term nursing care
- Short term rehab
- Physical, occupational and speech therapy
- Dementia care

Read what some of our residents had to say when they were ready to return home!

I know the difference between good care and bad care, having been a nurse myself. I really felt I was well cared for!

Mary Lindhorst

I am so very thankful for all the help!

Phylis Swagel

SEPTEMBER TRIPS

Heritage Village at Big Creek

Date: Thursday, September 6th
Time: Depart at 9:45am from the ADRC, back by lunch
Cost: $6.50
Sign up at the front desk

WISCONSIN humane society
DOOR COUNTY CAMPUS

Date: Tuesday, September 25th
Time: Depart at 12:45pm from the ADRC, back by 3:00pm
Cost: Free to tour and pet the animals
Sign up at the front desk

Cardinal Ridge Residential Care

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"Where in the world can I find someone to do all this stuff for me?"
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SPECIAL EVENTS / CLASSES

Music

Music with Ken (guitar)

Tuesday, September 4th at 11:00am

Music with Herb (keyboard)

Wednesdays at 11:00am

Music with George (guitar)

Thursdays, September 13th and 27th at noon

LIR PRESENTS:

ALZHEIMERS: Healthy Living for your Brain and Body

Friday, September 14th,10am

A FINE KETTLE OF FISH (6 week series)
Friendly roundtable discussions of timely topics

Starts Wednesday, September 19th,10am

*Call Cathy at 746-7153 to register or for more information

Packers Party on Washington Island
Friday, September 14th at 10:30am *Sign up required*

GUITARIST & SINGER

EDDIE BIEBEL

Wednesday, September 19th

12:30pm

Sign up at the front desk or call 746-2372

Ask the Athletic Trainer

Wednesdays
September 12th and 26th
1:30pm - 2:30pm
Exercise Room

Ask an Exercise Physiologist

Friday
September 28th
1:00pm - 2:00pm
Exercise Room

Appointment is required
746- 2372

Yoga

Sivananda Style

Beginner: Tuesdays, 10:30am
Sept. 11th - Oct. 16th
Advanced: Thursdays
10:30am Sept. 13th - Oct. 18th

Cost : $18.00/6 weeks
Payable to instructor 1st day of class
register at front desk

Other Events

9/10 (12:45 pm)
Healthy Cents
Healthy Food Choices on a Budget

9/14 (3:00pm)
The ABCD's of Medicare
Learn the basics of Medicare

9/19 (10am-12pm)
Prescription Drop-Off
Get rid of old meds safely

9/20 (1:00pm)
Therapy Dogs with Julie L. LaLuzerne

September Daily Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Happy Labor Day! ADRC is closed	8:30 Wonder Women 9:30 Jolly Exercise 9:30 Euchre 10:30 Crafts 11:00 Music w/ Ken 12:30 Bingo 1:00 Sheephead	9:00 Pinochle 10:00 DVD Fitness 10:00 Brain Enrichment 11:00 Music w/ Herb 1:00 Poker 1:00 Sheephead 1:00 Mah Jongg 1:00 Caregiver Supp. Group 1:00 Windows Users 1:30 Trip: Brewers Game	8:30 Wonder Women 9:00 Friendly Crafters 9:30 Jolly Exercise 9:45 Trip: Heritage Village 12:30 Knitting Group 12:30 Bingo 1:00 Wood Carving	10:00 DVD Fitness 11:00 Zumba 11:30 Strong & Stable
10	11	12	13	14
8:00 Gadget Guy 9:00 Sheephead 10:00 DVD Fitness 12:00 Bridge 12:45 Healthy Cents 1:00 Living Well w/ Chronic Conditions 1:00 Stepping On	8:30 Wonder Women 9:30 Jolly Exercise 9:30 Euchre 10:30 Crafts 10:30 Beginners Yoga 11:00 Photo Booth 12:00 Bayship 12:30 Bridge 12:30 Bingo 12:45 Ballroom Dance Practice 1:00 Sheephead	9:00 Pinochle 10:00 DVD Fitness 10:00 Brain Enrichment 11:00 Music w/ Herb 1:00 Poker 1:00 Mah Jongg 1:00 Sheephead 1:30 Ask the Athletic Trainer	8:30 Wonder Women 9:00 Friendly Crafters 9:00 Hand Quilters 9:30 Jolly Exercise 10:30 Advanced Yoga 12:00 Music w/ George 12:30 Bingo 1:00 Wood Carving 6:00 LWV Sheriff Candidate Forum	10:00 DVD Fitness 10:00 LIR presents: Alzheimer's- Healthy Living for Brain and Body 11:00 Zumba 11:00 Packers Party on the Island 11:30 Strong & Stable 1:00 Fall Risk Screens
17	18	19	20	21
9:00 Gadget Guy 9:00 Sheephead 10:00 DVD Fitness 12:00 Bridge 1:00 Stepping On	8:30 Wonder Women 9:30 Jolly Exercise 9:30 Euchre 10:30 Crafts 10:30 Beginners Yoga 12:30 Bingo 12:45 Ballroom Dance Practice 1:00 Sheephead 3:00 The ABCD's of Medicare	9:00 Pinochle 10:00 DVD Fitness 10:00 Prescription Drop-Off 10:00 LIR presents: Fine Kettle of Fish 11:00 Music w/ Herb 12:00 DC Library 12:30 Eddie Biebel 1:00 Poker/sheephead 1:00 Mah Jongg 1:00 Caregiver Supp. Group	8:30 Wonder Women 9:00 Friendly Crafters 9:30 Jolly Exercise 9:45 AARP Smart Driver 10:30 Advanced Yoga 12:30 Knitting Club 12:30 Bingo 1:00 Therapy Dogs with Julie L. LaLuzerne 1:00 Wood Carving	10:00 DVD Fitness 11:00 Zumba 11:30 Strong & Stable
24	25	26	27	28
8:00 Gadget Guy 9:00 Sheephead 10:00 DVD Fitness 12:00 Bridge 1:00 Stepping On	8:30 Wonder Women 9:30 Jolly Exercise 9:30 Euchre 10:30 Crafts 10:30 Beginners Yoga 12:30 Bingo 12:45 Ballroom Dance Practice 12:45 Trip: Humane Society 1:00 Sheephead	9:00 Pinochle 10:00 DVD Fitness 10:00 LIR presents: Fine Kettle of Fish 11:00 Hearing Impaired Support Group 11:00 Music w/ Herb 1:00 Poker 1:00 Mah Jongg 1:00 Sheephead 1:30 Ask the Athletic Trainer	8:30 Wonder Women 9:00 Friendly Crafters 9:00 Hand Quilters 9:30 Jolly Exercise 10:00 Block Party w/ UW Extension 10:30 Advanced Yoga 11:00 Blood Pressure checks 12:00 Music w/ George 12:30 Bingo 1:00 Wood Carving	10:00 DVD Fitness 11:00 Zumba 11:30 Strong & Stable 1:00 Ask an Exercise Physiologist

DRIVER SAFETY

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Sign up now for AARP Smart Driver℠ — the new and enhanced driving refresher course from AARP Driver Safety.

The AARP Smart Driver Course teaches:

- Defensive driving techniques, new traffic laws and rules of the road
- How to deal with aggressive drivers
- How to safely navigate adverse weather conditions
- Useful information on automobile technology and more

Plus, upon completion you could save money on your car insurance!*

DATE(S)	THURSDAY SEPTEMBER 20TH, 2018
TIME	CLASS TIME 10:00 TO 12:00 /1:00 TO 3:00
LOCATION	AGING & DISABILITY RESOURCE CENTER AT THE DOOR CTY COMMUNITY CENTER 916 N 14TH AVE. STURGEON BAY, WI 54235
TO REGISTER	920-746-2372 PLEASE REPORT BY 9:45. $15.00 AARP MEMBERS $20.00 NONMEMBERS PAYABLE DAY OF CLASS. LUNCH BREAK 12:00 TO 1:00 MEAL AVAILABLE ON SITE.

For additional local information or to volunteer,
call TOLL-FREE at **1-888-227-7669 (1-888-AARP-NOW)**
or visit **www.aarp.org/drive**

TOYOTA This program is supported by a generous grant from Toyota to AARP Foundation.

*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

C2747(1014)

SEEKING VOLUNTEER TAX PREPARERS

If you are detail oriented, have a head for numbers and are comfortable using a computer, we invite you to join our team of trained tax preparers. Hours are flexible, comprehensive training is free and your mileage is reimbursed.

Training starts in the Fall. Then, you'll start your volunteer work with a team of wonderfully dedicated individuals during the February 01 through April 15 tax season.

We have a couple different volunteer positions available within our program:

- **Counselor - the person that sits down and actually does the tax preparation**
- **Client Facilitator (Greeter) - the person that greets the clients and gives them a little help filling out their information sheet when they arrive at the site.**

If you are interested, we would love to hear from you.
Training starts on November 13th if you are interested!

For more information and to get started today please contact us by calling (920)746-2372 or emailing us at ADRC@co.door.wi.us.

You want the best for her... and so do we.

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We help you keep your loved one home longer, giving you time to rejuvenate and catch up with things.

Sunflower Cottage: offering affordable, individualized day-time care for people living with Parkinson's, Alzheimer's, dementia, and other age related challenges.

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Find out more at www.sunflowercottage.org
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FREE BLOOD PRESSURE CHECKS

What is high blood pressure?
High blood pressure (HBP or hypertension) is when your blood pressure, the force of the blood flowing through your blood vessels, is consistently too high.
If you have high blood pressure, you are not alone . Nearly half of American adults have high blood pressure. **Many don't even know they have it.** The best way to know if you have high blood pressure is to have your blood pressure checked.

The ADRC will offer complimentary blood pressure checks on September 27th from 11:00am-noon.

High blood pressure is a "silent killer"

Most of the time there are no obvious symptoms. Certain physical traits and lifestyle choices can put you at a greater risk for developing high blood pressure. When left untreated, the damage that high blood pressure does to your circulatory system is a significant factor for heart attack, stroke and other health threats with proper treatment and management, you can control your blood pressure to help you live a long and healthy life. An ounce of prevention is worth a pound of cure.

PERSONAL CARE WORKER CERTIFICATE PROGRAM

9am-2pm Fridays
September 14-October 19, 2018

Would you like to work in personal health care?
Or are you providing personal care for a loved one?
Learn to provide care with confidence.

This program emphasizes many aspects of providing personal and supportive/rehabilitative in-home and facility-based health care, including clients' rights, communication, rehabilitation, positioning and transfer skills, infection control, and safety.

This is a 30-hour, in-person course that combines lecture with practice of learned skills. All skill competencies will be assessed under the guidance of a registered nurse.

Fee: $149.10
To learn more, call (920) 746-4970, send an e-mail to sister-bay@nwtc.edu, or stop by the center.

NWTC Learning and Innovation Center, 2438 S Bay Shore Drive, Sister Bay, WI 54234

END OF ALZHEIMER'S STARTS WITH YOU!

Join Us!

At Edward Jones, we live and work in the communities we serve. We want to make a difference in people's lives, both in and out of the office. Alzheimer's disease has a significant impact on individuals, family, friends and community. That's why Edward Jones is proud to serve as National Presenting Sponsor of the Alzheimer's Association Walk to End Alzheimer's®.

You can help! Join the Edward Jones team, serve as captain of your own team or walk as an individual at a Walk to End Alzheimer's event in your community. You'll be doing your part to help support the Alzheimer's Association® in its fight to end Alzheimer's disease.

Sign up today at www.alz.org/edwardjones.
Our team name and number are:
Edward Jones Team Door County, 466544.

For more information, contact your Edward Jones branch:

Errin Kolden/ Cheryl Shefchik	920-746-2166
Jim Strutz/ Mary Ellen Dreutzer	920-746-2114
Tara Pierre/ Marci Spude	920-746-0781

Walk to End Alzheimer's
Sturgeon Bay

Saturday, Sept 29, 2018

Sturgeon Bay High School
1230 Michigan Street
Sturgeon Bay, WI 54235

Registration Time:
8:00 a.m.

Ceremony Time:
9:00 a.m.

Walk Time:
9:30 a.m.

Please note: Edward Jones cannot accept monetary donations of any kind.

WALK TO END ALZHEIMER'S
alzheimer's association

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www.alz.org/edwardjones Member SIPC

MAGNESIUM

Carmen Schroeder, RDN, CDE, CD

Magnesium is an important mineral, it regulates body functions including the production of energy, body protein and muscle contractions. It also plays a role in maintaining healthy bones and a healthy heart. Magnesium is an important part of the more than 300 enzymes found in your body.

Magnesium is a major mineral, meaning higher amounts are needed compared to trace minerals, like zinc or iron. The amount of magnesium required daily depends on a person's age and gender. For example, females who are 19 years and older (and not pregnant) need 310 to 320 milligrams (mg) daily; whereas males of the same age should strive for 400 to 420 mg per day.

It's best to get nutrients, like magnesium, from food sources whenever possible, since they provide other health benefits, too. Many of the foods that are good sources of magnesium are under consumed by most Americans. Foods rich in magnesium include green leafy vegetables, whole grains, beans and nuts. Milk and yogurt also provide magnesium, as do fortified foods, such as some breakfast cereals.

Because magnesium supplements can interact with some medications, it's important to discuss the need for a dietary supplement with a health care provider before taking one.

MAGNESIUM SOURCES INCLUDE:

1. Whole wheat – use whole wheat flour instead of white; buy 100% whole wheat bread
2. Spinach and dark green leafy vegetables
3. Quinoa and other whole grain
4. Almond, cashews, sesame seeds
5. Black beans, edamame, peanuts, tofu

Spinach Quinoa Salad

INGREDIENTS:

2/3 cup quinoa
1 1/3 cups water
5 ounce (5 cups) baby spinach
1 avocado pitted and diced
2/3 cup chopped cucumber
½ cup red bell pepper strips
1/3 cup chopped red onion
¼ cup crumbled feta cheese

DRESSING:

¼ cup olive oil
2 Tablespoons lemon juice
1 1/2Tablespoons Dijon mustard
½ teaspoon Sea salt (or regular salt)
½ teaspoo pper

1. Bring the quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and the water is absorbed, about 15-20 minutes. Cool.
2. Top spinach with quinoa, avocado, cucumber, bell pepper, red onion and feta cheese.
3. Whisk olive oil, lemon juice, mustard, salt and pepper. Pour dressing over salad right before serving. **Yield: 6 cups**

Add spinach to the quinoa for the last 5 minutes of cooking, if you want a wilted spinach salad.

Academy of Nutrition and Dietetics

(2017). "***What is Magnesium?***

NUTRITION PROGRAM INFORMATION

ANYONE 60 YEARS OF AGE AND OVER:
$5.00 IS A SUGGESTED CONTRIBUTION

ANYONE UNDER 60 YEARS OF AGE MEAL COST IS:
$12.00 FOR THE HOT MEAL AND $8.50 FOR THE SOUP/SALAD BAR

All Meal Sites Serve Lunch from 12:00 p.m.-12:30 p.m.
Reservations Are Required for Baileys Harbor, Liberty Grove, Forestville and Washington Island Meal Sites

Baileys Harbor Meal Site
Town Hall Building
2392 County Rd F
Baileys Harbor WI 54202
Phone: (920)746-2523
Serving: Wednesday & Friday

Liberty Grove Meal Site
Town Hall Building
11161 Old Stage Rd
Sister Bay WI 54234
Phone: (920)746-2523
Serving: Monday, Wednesday & Friday

Forestville Meal Site
Bayview Terrace Apartments
178 West Park
Forestville WI 54213
Phone: (920)746-2523
Serving: Tuesday & Thursday

Washington Island Meal Site
Community Center
910 Main Rd
Washington Island WI 54246
Phone: (920)847-2522
Serving: Monday, Wednesday and 2nd & 4th Friday of the Month

Sturgeon Bay Meal Site
Aging and Disability Resource Center
916 N 14th Ave, Sturgeon Bay WI 54235
Phone: (920)746-2372
Serving Noon Hot Meal: Monday thru Friday
Serving Soup and Salad Bar: Monday thru Friday 11am—12:30pm

Please call (920)746-2523 if you are interested in receiving or making a referral for Home Delivered Meals (MOW's) or Frozen Meals.

WASHINGTON ISLAND MENU—SEPTEMBER

MONDAY	WEDNESDAY	FRIDAY
Closed **Labor Day** 3	Chef Salad Fruit Salad* Cookie* Bread Stick* 5	
Spaghetti* Meat Sauce Tossed Salad W/Cheese Fruit* Garlic Bread* 10	Turkey Parsley Potatoes* Peas & Carrots Fruit* Pudding* Roll* 12	**Packer Party** Grilled Brats W/Bun* Onions, Sauerkraut Potato Salad* Corn on the Cob* Pie* 14
Cream of Broccoli Soup* Egg Salad Sandwich Green Beans Mandarin Oranges* Cookie* 17	Swiss Steak w/Gravy Egg Noodles* Asparagus Sliced Apples* Cherry Cheese Cake* Roll* 19	
Chicken Rice Casserole* Steamed Carrots Coleslaw Melon Slice* Cheese Stick Roll* 24	Meatloaf Sweet Potato* Steamed Broccoli Ice Cream* Banana* Bread* 26	Beef Tips Mashed Potato* Veggies Apricots* Yogurt Cup* Roll* 28

**** Signifies Foods that count as Carbohydrate choices. Milk is also served every day and is a carbohydrate choice.***

**** Carbohydrates are found in breads, cereals, grains, fruits, milk, starchy vegetables and sweets. Eating the same amount of carbs at each meal can control blood sugar.***

**** Meals are subject to change due to unexpected circumstances***

STURGEON BAY, FORESTVILLE, LIBERTY GROVE, BAILEYS HARBOR MENU
SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Closed Labor Day 3	Baked Ziti* Salad with Peas Fresh Fruit* Fruit Yogurt * Garlic Bread* 4	Hot Dog on Bun* Chili w/Cheese* Veggie Salad Cookie* Fresh Fruit* 5	Pepper Steak Steamed Rice* Veggies Strawberry Salad* Cheese Stick Roll* 6	Breaded Cod Pasta w/ Greens & Beans* Cauliflower Yogurt Parfait* Bread* 7
Chicken Ala King* Steamed Peas Fresh Fruit* Rice Pudding* Biscuits* 10	Pork Chop Baked Squash* Brussels Sprouts Carrot Cake* Melon* Cheese Stick Roll* 11	Chicken Rice Casserole* Broccoli, Fruit Salad * Bread Pudding* Roll* 12	Liver & Onions Steamed Potato* Asparagus Cottage Cheese Fruit* Birthday Cake* 13	Meatloaf Scallop Potato* Stewed Tomatoes Three Bean Salad Cherry Cobbler* Roll* 14
Chef Salad Fresh Fruit* Cookie* Bread Stick* 17	Lemon Pepper Chicken Sweet Potato Wedge* Beets Strawberry Delight* Cheese Stick Bread* 18	Spaghetti* Meat Sauce/ Parmesan Cheese Tossed Salad Grape Salad* Garlic Bread* 19	Roast Turkey Mashed Potato* Peas & Carrots Sliced Peaches* Pumpkin Bars* Bread* 20	Fish Sandwich Coleslaw* Island Blend Veggies Fresh fruit* Cream Puff Cake* Rye Bread* 21
Swedish Meatball Mash Potato* Waxed Beans Fruit Whip* Bread* 24	Turkey Devon Pasta* Broccoli Fruit* Cookie* Roll* 25	Pork Loin Au gratin Potato* Mixed Veggies Applesauce* Cheesecake* Bread* 26	Beef Stroganoff Noodles* Broccoli-Cauli. w/ Cheese Lemon Bars* Fresh Fruit* Roll* 27	Tuna Casserole* Peas w/Carrots Cottage Cheese w/Peach* Biscuit* 28

**** Signifies Foods that count as Carbohydrate choices. Milk is also served every day and is a carbohydrate choice.***

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